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Appointment time: _____ Location: _____

PREPARATION INSTRUCTIONS FOR COLONOSCOPY CLEAR LIQUIDS

Do these things **7 DAYS BEFORE** the procedure:

- **Arrange a ride:** you will be given medicine that makes you relax and be sleepy, so you cannot drive a car or take a bus home. If you arrive without an escort, your procedure may need to be rescheduled.

- **Stop taking aspirin**

- **If you are taking Coumadin or Plavix,** call your doctor or nurse for special instructions.

Do these things **3 DAYS BEFORE** the procedure:

- **Review the diet you need to follow for the next 2 days.** Plan your meals according to this diet.

Do these things **2 DAYS BEFORE** the procedure:

- **Stop taking all anti-inflammatory medicines.** These include: Nuprin, Bufferin, Anacin, Advil, Motrin, Indocin, Voltran, Aleve, Ecotrin, Relafen, Alka Seltzer, Naprosyn, Voltaren (*Tylenol is okay to take*)

- **Stop eating seeds, popcorn, nuts and whole grains**

- **Do not eat any solid food after midnight**

Do these things **1 DAY BEFORE** the procedure:

- **Start a strict, clear liquid diet.** *If you put a liquid in a clear glass, and you can see through it, it is probably OK to drink.* A clear liquid diet can include:

- Apple, white grape, and cranberry juices;

- Beef or chicken broths that are clear;

- Tea and coffee without milk;

- Soda pop, Gatorade, Kool-Aid and various -Jell-O flavors (*any color except red*)

- **Avoid:** juices with pulp, milk, cream and solid food.

1st BOTTLE 5 PM night before colonoscopy

2nd bottle at 9 PM

NPO after midnight